

QUESTIONS PARENTS COMMONLY ASK ABOUT SUDDEN INFANT DEATH SYNDROME (SIDS)

- ❖ **Will my baby choke on his/her back?**
Healthy babies turn their heads to the side, and will not choke when they spit up.
- ❖ **Is the side position just as good as the back?**
Back sleep position has the lowest risk of SIDS. Babies sleeping on their side run the risk of rolling over to their tummies.
- ❖ **Where is the best place for my baby to sleep?**
A crib with a firm mattress is the best place for your baby to sleep. Cribs do not cause SIDS or "crib death." Sofas and couches are not safe places for sleeping babies.
- ❖ **Until what age should babies be placed on their backs to sleep?**
Start putting your baby on his/her back as soon as you bring him/her home for the hospital. Continue placing your baby on his/her back throughout the baby's first year.
- ❖ **Does smoking cause SIDS?**
Smoking does not cause SIDS, but smoking during pregnancy and around the baby greatly increases the risk of SIDS and other infant health problems.
- ❖ **Do immunizations cause or increase the risk of SIDS?**
No. There is no increase in SIDS when babies are immunized.
- ❖ **Should healthy babies ever be placed on their tummies?**
All babies should have some time on their tummies while they are awake and being watched by an adult. This gives them a chance to develop properly.
- ❖ **If my baby does not sleep well on his back, can I let him/her sleep on their tummy?**
Most babies get used to the back sleep position, and sleep very well. Tummy sleeping babies often have deeper sleep, and perhaps a harder time waking.
- ❖ **Will my baby get a flat head from always sleeping on his back?**
No, as the baby grows, the head will be shaped normally. Your baby should be in a variety of positions while awake.
- ❖ **Can I use a prop to keep my baby on his back?**
Props are not recommended. Props, wedges, rolled towels, pillows, comforters, and stuffed toys should not be placed where your baby sleeps. They can cause suffocation.
- ❖ **Is it okay if I sleep with my baby and my other young children?**
No, the risk of SIDS increases when there are other children sharing the bed.
- ❖ **When can I stop worrying about SIDS?**
SIDS is most common in babies from 2 to 6 months of age, although SIDS is sometimes found in babies up to 1 year of age.